

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Parsippany-Senior Fitness Dover-Bingo Morris Mews-Buy Fruits And Vegetables When They Are On Sale Long Hill-Bingo Jefferson-Blood Pressure Screening	2 Parsippany-Healthy Meals: Cooking For One Or Two Rockaway-Bingo Morris Mews-Chair Exercise Butler-Site Picnic Madison-Eating Right For Older Adults Jefferson-Chair Exercise	3 Parsippany-Senior Fitness Roxbury-Blood Pressure Screening Morris Mews-The Importance Of Exercise In Your Day Butler-Blood Pressure Screening Denville-Carrots Are A Good Source Of Vitamin A	4 Parsippany-Yoga Dover-Bingo Morris Mews-Taste Foods Before Adding Salt Jefferson-Chair Exercise Montville-Sundae Fun Day Chatham-Tips For Getting A Good Night's Sleep	5 Parsippany-Tai Chi Morris Mews-Pokeno Madison-Eating Right For Older Adults Morristown-Rethink Your Drink Roxbury-How To Follow A Healthy Diet
8 Jefferson-Bingo Parsippany-Line Dancing Dover-Bingo Morris Mews-Book Club Long Hill-Bingo Madison-Bingo & Cards Denville-Lightning And Thunder Storm Safety	9 Parsippany-Falun Gong Rockaway-Bingo Morris Mews-Chair Exercise Morristown-Blood Pressure Screening Jefferson-Benefits Of Fiber In Your Diet Butler-Walking Tips For Older Adults	10 Parsippany-Senior Fitness Rockaway-Bingo Roxbury-Ways To Lower Your Cholesterol Denville-Blood Pressure Screening Madison-Tips For Getting A Good Night's Sleep	11 Parsippany-Yoga Dover-Bingo Morris Mews-Bingo Morristown-Rethink Your Drink Jefferson-Chair Exercise Montville-Top Ten Colon Cancer Prevention Tips	12 Parsippany-Tai Chi Rockaway-Bingo Morris Mews-Melons Are A Good Source Of Vitamins A & C Long Hill-Bingo Roxbury-Trivia Questions Denville-Top Ten Colon Cancer Prevention Tips
15 Parsippany-Line Dancing Dover-Bingo Morris Mews-Peaches Are Fat Free And A Good Source of Vitamin C Long Hill-Bingo Jefferson-Blood Pressure Screening	16 Parsippany-Falun Gong Rockaway-Bingo Jefferson-Chair Exercise Morris Mews-Walking Tips For Older Adults Chester/Mt. Olive-Site Picnic Morristown-How to Follow A Healthy Diet	17 Parsippany-Site Picnic Butler-Blood Pressure Screening Morris Mews-Site Picnic Madison-Program With Nutritionist Roxbury-Trivia Questions	18 Parsippany-Yoga Dover-Bingo Morristown-Be Salt Smart Morris Mews-Eat More Grapes To Boost Your Potassium Level Butler-Food Safety Tips For Warm Weather	19 Parsippany-Tai Chi Rockaway-Site Picnic Morris Mews-Pokeno Long Hill-Pears Are A Good Source of Vitamin C Madison-Be Salt Smart Roxbury-Site Picnic
22 Parsippany-Line Dancing Dover-Bingo Long Hill-Bingo Jefferson-Be Salt Smart Madison-Bingo Mt. Olive-Safe Travel Tips For Older Adults	23 Parsippany-Falun Gong Morris Mews-Chair Exercise Butler-Summer Safety Tips Chatham-Birthday Celebration Jefferson-Tips For Lowering Cholesterol Montville-Blood Pressure Screening	24 Parsippany-Senior Fitness Rockaway-Bingo Morris Mews-Be Fiber Smart: Eat More Beans Madison-Bingo Morristown-Ways To Lower High Cholesterol Roxbury-Be Salt Smart	25 Parsippany-Yoga Dover-Bingo Morris Mews-Lettuce Will Boost Your Iron and Fiber Levels Parsippany-The Importance of Water In Your Diet Chatham-Facts About Fiber	26 Parsippany-Tai Chi Rockaway-Bingo Morris Mews-Salsa Is Loaded With Vitamins But Also Has A Lot of Salt Denville-Sundae Fun Day Madison-Facts About Fiber Roxbury-Trivia Questions
29 Parsippany-Line Dancing Morris Mews-Avoid Salty Sauces: Soy Sauce, Ketchup and Mustard Long Hill-Bingo Madison-Birthday Celebration Jefferson-Blood Pressure Screening	30 Parsippany-Falun Gong Montville-Site Luau Rockaway-Bingo Morris Mews-Chair Exercise Jefferson-How Do I Follow A Healthy Diet Morristown-Healthy Meals: Cooking For One Or Two	31 Parsippany-Senior Fitness Morris Mews-Bingo Roxbury-The Importance Of Fiber In Your Diet Madison-Bingo Morristown-Pears Are A Good Source of Vitamin C	MIDDAY FRIENDSHIP ACTIVITIES AUGUST 2016	